

DEPARTMENT OF PSYCHIATRY NEWSLETTER

MESSAGE FROM THE CHAIR



I am writing this column as the province of Ontario is in the middle of an election campaign, leading to wide spread debate on how to address the province's 12.5 billion dollar deficit. Regardless of the party in power, the provincial deficit means we are facing more cuts and more rigorous accountability for our limited resources. Naturally, our department is struggling with the same reality.

The Schulich School of Medicine & Dentistry has moved to Activity Based Budgeting, and a new funding allocation model has been initiated. Our department will receive a five per cent reduction in our budget with the new Activity Based Budgeting.

We can anticipate further and deeper reductions over the next two to three years. In addition, our department has been slated for more than a 30 per cent cut in support for our stipends for physicians that are derived from the Medical Affairs non-envelope funding source. Medical Affairs will be restricting their non-envelope support to major clinical leadership positions within the hospitals and ending all other allocations of this money. Although all of the clinical departments are affected by this new policy, the impact on our department is substantial.

In the face of these cuts, the department has undertaken a major reassessment of our allocation of all funds received in the department. The outcome of this will be communicated within the next few months. In 2012, the Executive Committee committed to conducting an annual review of the title allocation in conjunction with our annual budget projections. Based on the review that recently concluded, it was determined that there will be no change to the five per cent title rate for the coming academic year, July 2014 to June 2015. The title review

will continue to be a part of our annual process. Additionally, at LHSC, we have revised our clinical leadership structure; this new clinical leadership structure is being driven by the following principles:

1. The department and the Integrated Mental Health Program wants to establish similar administrative structures at both LHSC and RMHC. By having convergent administrative structures, this will allow the programs to move with our long term vision of greater integration and coordination between the two hospitals.
2. Our program is committed to a joint leadership model with the pairing of coordinators and managers with physician leaders. There is a strong rationale for the joint/shared leadership partnerships as it is being adopted throughout LHSC, RMHC and in other similar healthcare institutions.
3. The additional motivation for restructuring the leadership positions is to create greater efficiencies for the department and LHSC Mental Health Service.

Our third step will be to review the distribution of the psychiatric stipend funds. The goal of this review is to make the distribution more equitable and transparent across all the eligible full time faculty members at LHSC. We are developing a formula for dispersion of the indirect clinical support monies so that the distribution of these funds are connected to specific hours of indirect service and are equitable and transparent.

Deborah Lucas, the site chiefs, the Executive Committee and I will be developing the proposal for re-allocation of our department funds over the next few months. The department and affected individuals will receive ample notification of any proposed changes to their funding arrangements. We expect to have the new funding plan available to the department by early fall. While this work goes on, please enjoy your summer and any vacation time you have planned.

Dr. Paul Links
Chair, Department of Psychiatry

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patients, advancing the knowledge in our field, and teaching what he knew to those who came after him. Dr. Chandarana was the author of dozens of papers published in peer reviewed journals, including the American, British and Canadian Journals of Psychiatry, on subjects ranging from pseudoporphyria, AIDS education, and disability insurance.

He had many sizeable grants for clinical research, and presented his findings at provincial, national, and international conferences. He delivered in excess of 150 invited lectures all over the province, in every region of the country, at multiple universities, and to groups as diverse as the Ismaili community and the Appeals Board of the CPP in Ottawa.

For 20 years he was the instigator and driving force behind the London Psychiatry Review Course. This course is the most comprehensive, ambitious, and best attended course of its kind in the country, ably assisted by a loyal cadre of individuals who responded kindly to the enthusiasm he showed for the task of educating the next generation of psychiatrists.

Dr. Chandarana found the energy and resolve to attend the most recent iteration of this course a few short weeks before his death, and subsequently followed the proceedings on Skype. For these accomplishments, he was promoted to Associate Professor by the University Senate. A hard won distinction back in the days when faculty across the University were required to meet uniform and stringent criteria before being granted the rank of Associate.

He was active on a myriad of committees; as member or chair, at the Medical Council of Canada, the Royal College, the Canadian Psychiatric Association, and the Senate of the University. He was active in department affairs throughout his entire career. While keenly interested in, and concerned about, the proper use of power, he himself was not drawn to the trappings of power.

As Residency Director for many years he took care of the residents' needs in an exemplary manner, and his teaching was recognised by countless awards including best papers at conferences on numerous occasions. He was voted Clerkship supervisor of the year several times, something that would have meant more to him than many other honours and distinctions that came his way.



IN MEMORIAM: DR. PRAFUL CHANDARANA 1944-2014

It is with great sadness that the department notes the death of Dr Praful Chandarana, who died at home on February 26, 2014 after contending with pancreatic cancer for a year and a half.

Dr. Chandarana received his M.B., Ch.B. in 1970 from Makerere University College, Kampala, Uganda, and interned in Nairobi, Kenya. He was in general practice until coming to Canada in 1974. He completed another rotating internship in Toronto before coming to London in 1975, knocking on the door of the department to apply for residency training in psychiatry. It was the last job interview he ever did, and was the beginning of a life long career at Western University and Victoria Hospital.

In addition to his FRCPC, obtained in 1979, he was certified by the American Board of Psychiatry and Neurology in 1980. He made a seamless transition from student to professor and consultant: caring for his

A media presence, he also developed educational videos and computer based learning modules. His clinical work with patients was of the highest quality. His reasoning was always sound, his interventions always measured, all of which was laid out in his inimitable and most unphysicianly legible handwriting.

He worked right to the end, completing forms, drafting letters to patients, and saying goodbye to friends and colleagues who visited him in his final days and weeks. Never did he lose his equanimity or will to live, and in

facing the end with dignity and composure he taught his last lesson: how to die well.

At the various services and ceremonies after his death, the accolades were many, and moving, for a dear friend and colleague who had touched the lives of those who knew him. Missed by all, he is survived by his wife Dilshad, sons Shamir and Anuj, daughters-in-law Renu and Nandini, and grandchildren, Sona, Laila, Armaan, and Naya.

UNDERGRADUATE MEDICAL EDUCATION

Congratulations to Drs. Priya Subrmanian, Sreelatha Varapavan, Iouri Rybak and Amer Burhan who were recently awarded the 2014 Fellowship in Teaching Innovation. Their project, "Enhancing Suicide Risk Assessment Skills through Simulations in a Virtual Environment", hopes to improve medical students' skills in assessing suicidal risk using virtual interactive cases.

On May 7, 2014, we held our third Taste of Psychiatry. Fifty-three medical students joined residents and faculty for presentations outlining the various clinical and research opportunities available within the department. It was great to see such interest from the medical students. I would like to thank the residents and faculty who came to share their enthusiasm about pursuing psychiatry as a career. Each year we try to have presentations from different divisions and research interests. If you would like to be involved, please let me know.

Friday, May 30, 2014 wrapped up another year of Meds 5207 (Psychiatry and the Behavioural Sciences) and Patient Centred Clinical Methods (PCCM). I would like to thank Drs. Mark Watling and Sreelatha Varapavan, the respective course chairs, for all their hard work over the past academic year. These courses receive consistently positive feedback due to the numerous faculty members who volunteer their time providing lectures and acting as small group facilitators.

As a Canadian undergraduate medical program, we are accredited by the Liaison Committee for Medical Education (LCME) and the Committee on Accreditation of Canadian Medical Schools (CACMS). Accreditation is an ongoing quality improvement process that culminates in an external site review once every eight years. Our index year, which is 2013-2014, essentially means that this is the academic year that the accreditors will critically review our program with respect to meeting the standards. The Schulich School of Medicine & Dentistry undergraduate medical program will have its full site survey from April 12-15, 2015. In January 2015, practice site surveys will begin, and faculty from our department may be asked to participate.

This year a number of faculty participated in the Portfolio Course for first and third year medical students. The plan is to expand the course to include second year students as well. Students are asked to write a reflective piece on a chosen topic and faculty then provide feedback. Educational sessions are also provided for the faculty. As someone who participated for the first time this year I found it a highly rewarding and educational experience. If you are interested in participating please contact me.

Sandra Northcott
Sandra.northcott@lhsc.on.ca

POSTGRADUATE MEDICAL EDUCATION

The PGE Psychiatry office would like to congratulate all of our PGY5 residents, Drs. Vadim Beletsky, Rachana Bodani, Mark Reddington, Arany Shanmugalingam, Hollam Sutandar, Jonathan Tan, and Cheryl Willsie, on successfully passing the Royal College exams. We wish them all the best in their future careers!

On behalf of the Resident Program Committee, we'd like to thank Dr. Joy Abramson for her efforts and contributions as the Chief Resident. We would also like to thank Drs. Arany Shanmugalingam and Jonathan Tan for their contributions as Senior Residents, Dr. Michael Mak as Resident President and the many residents who have served as representatives on the department's various committees.

As the new year commences, we are excited to welcome a new group of residents to our program: Drs. Sumit Chaudhari, Jennifer dela Paz, Kimberley Fielding, Sheena Ghoudasara, Jonathan Gregory, Nina McCurdy, Laura Powe, Elyse Ross and Michael Thomson. For those of you counting, that's nine new residents!

We'd also like to congratulate Dr. Priya Sharma (PGY3) who has been appointed by the Resident Program Committee as our new Chief Resident. The role of Senior Resident will be shared among Drs. Mohamad Elfakhani, JC Lai and Maryna Mammoliti. We look forward to working with all of them in the coming academic year.

GRADUATE Q&A



Future plans...

My future plans include pursuing a career in Geriatric Psychiatry. I also plan to continue singing and teaching classical music.

Most memorable moment during residency?

A tie between the following:

1. When I finished making my last call schedule for 013... Bliss!
2. My first COPE meeting in Ottawa where I showed up in a full suit while everyone else wore jeans... Doh!
3. When I lived out my 'Call of Duty' fantasy during one of our retreats involving paintball guns, and I discovered that I was more ruthless than I initially presumed, with pretty decent aim.



Future plans...

I will be moving to Goderich this July to establish my practice in Psychiatry at Alexandra Marine & General Hospital.

I am also hoping to spend some time traveling over the next few years, including a trip to the west coast this fall.

Most memorable moment during residency?

My most memorable moment of residency occurred in the cafeteria at South Street Hospital in PGY2 over coffee with Dr. Chandarana which he generously bought each day for those of us lucky enough to have worked with him. We discussed the concept of bizarre vs. non-bizarre delusions and the idea that most delusions, as strange as they might be, are actually possible and therefore not bizarre.

Most of the examples involved new-age technology, which Dr. C had an in-depth knowledge of, as one of his sons worked for Google. He spoke of his son in such high regard and was clearly so proud of him.

He helped me to consider patients' symptoms from an analytical, as well as a philosophical viewpoint, broadening my understanding of our field.



Dr. Hollam
Sutandar

Future plans...

Relocating to Guelph, getting married to my wonderful partner Laura and working at Homewood Health Centre.

Most memorable moment during residency?

Not a singular moment, but overall just continuing to grow and learn with my fellow residents through this important period in our lives.



Dr. Jonathan
Tan

Future plans...

I will be taking some time off over the summer, and hopefully will have career plans ironed out after that!

Most memorable moment during residency?

I don't have a single most memorable moment during residency. However, I do have many fond memories of the people with whom I've worked, especially the laughs and the camaraderie.



Dr. Mark
Reddington

Future plans...

Work in a general practice in a rural setting, as well as run a small hobby farm and do a lot of outdoor stuff!

Most memorable moment during residency?

Hosting several PGY1 welcome BBQs, and getting to meet all the new residents.



Dr. Rachana
Bodani

Future plans...

We are moving to Saskatoon this July, where my husband will start working, but I will be taking the year off to be a mom to my new little baby boy, Niam.

Most memorable moment during residency?

My favorite moment in residency is hard to pick, given the many great experiences... From the comedic antics and role playing that take place during PDMs, to the various resident activities and retreats we've had over the years.

Even while studying for the Royal College exams as a group, there was no shortage of laughs and good times, right up until our final celebration when we found out we all passed at Molly Blooms. It's been a wonderful experience.



Dr. Vadim
Beletsky

Future plans?

Working on my photography – I have not done much recently.

Most memorable moment during residency?

Playing mini golf for the first time in my life at our Resident Retreat.

DIVISION OF CHILD AND ADOLESCENT PSYCHIATRY

Having spent much of this day in June at the Annual Emergency Psychiatric Consultation with the MCYS Regional Children's Mental Health Agency representatives, I am reminded about the collaborative and "can do" culture we share as Child and Adolescent Mental Health professionals.

It is encouraging to hear how appreciated this unique service is. Thank you to our Division of Child and Adolescent Psychiatrists for their responsiveness and diligence in making this so successful for the families and service providers in our region.

Similarly, thank you to our Child and Adolescent faculty who lead the components of our academic program, and have all contributed to this newsletter as well as the many who contribute clinically and academically.

Undergraduate Medical Education - Child and Adolescent Psychiatry Clerkship

Dr. Ben Loveday reports that the Division of Child and Adolescent Psychiatry continues to deliver high quality and highly rated clerkship rotations to 3rd and 4th year medical students. Approximately one third of Schulich Medicine medical students spend a two-week rotation with one or more of our enthusiastic child psychiatry supervisors.

The Division also has provided several elective rotations for both Schulich Medicine students and visiting medical students.

Postgraduate Education - Child and Adolescent Psychiatry

With the arrival of summer, Dr. Patricia Hall would like to express her gratitude to all the individuals who have participated in postgraduate education over the academic year. Thank you to the many interprofessional staff for participating in teaching.

It has been a busy year with Child and Adolescent Psychiatry lectures being provided for the PGY1s, PGY3s and for the CAP subspecialty program. The success of the academic curriculum over the past year was in part due to the excellent and combined administrative support

of Faye Slote, Carissa Peterson, Suzy Mendes and Tracy Henebry. Clinically, there has been an increasing demand for rotations. A particular thanks to Tracy Henebry for her efforts in maintaining the clinical rotation schedule.

A special thank you to the following residents for their hard work in providing an excellent year of Child and Adolescent Rounds: Drs. Mehtaab Uppal, Joy Abramson, Habiba Nayyer, Raymond Egan, Pat Montaleone, Senthuran Gunaratnam and Grace Ferreria.

The Postgraduate Education Committee in Child and Adolescent Psychiatry is pleased to welcome Drs. Caroline Armstrong and Joy Abramson to the subspecialty program which started on July 1, 2014.

We would also like to congratulate Dr. Ray Egan, PGY6, who has successfully completed the first year of subspecialty training and will be promoted to a PGY7 resident this July.

As a reminder, subspecialty applications for July 2015 are due in September, 2014. Two spots are available. Please refer to the department website for more information in regards to application requirements. For any questions concerning the subspecialty program, please contact Dr. Patricia Hall, Program Director, or Tracy Henebry, Program Administrator.

We are thrilled to welcome Dr. Yousha Mirza who has agreed to join the RPC as the Windsor Site Representative. There is an opportunity for an inpatient and outpatient rotation in Windsor at Maryvale, including an emergency and acute care inpatient experience.

Continuing Professional Development

The annual conference of the Division of Child and Adolescent Psychiatry was held April 25, on "Mother-Child Mental Health: Managing Risks and Promoting Resiliency in Families", with a format offering seminars as well as workshops and a focus on interdisciplinary and community collaboration.

The conference was attended by professionals from Psychiatry, Family Medicine, Pediatrics, Psychology, Public health, Nursing and Social work educations, to name

a few. We want to thank our presenters for their highly informative talks and workshops and for making this conference an excellent learning event.

Upcoming Events

Please save the date for the “**Dialectical Behaviour Therapy (DBT) Training and Consultation for working with adolescents and families**” with Dr. Lawrence Katz on **Monday, September, 22nd and Tuesday September 23rd, 2014** at the Best Western Lamplighter Inn & Conference Centre. The Division of Child and Adolescent Psychiatry will be organizing this 2 day training workshop for mental health professionals who have basic training in DBT and would like to further advance their skills in implementation of DBT principles, strategies and approaches for the treatment of transition age youths and families. More details and registration will follow shortly.

Complex Case Rounds- September 10, 2014, London Health Science Centre Victoria Hospital, B8-035 from **12:00 – 1:00pm**, Speaker still to be announced.

Updates from our community partners:

Mental Health in the Schools

The Thames Valley District School Board is currently in year four of their five-year strategic mental health plan. The main focus is currently on suicide training using ASSIST.

Currently, there have been eight training days, resulting in 150 individuals being trained, and the evaluation has been positive. The hope is that by the end of the year there will be 215 individuals trained, and by the end of next year there will be two or three individuals at every school who are trained. The Strategic Mental Health Plan has three main goals:

1. A mental health stigma-free environment, which involves engaging students.
2. Building teacher and education support staff regarding suicide awareness and prevention.
3. Resiliency, and knowledge of how to create a supportive environment.

At the Western Faculty of Education

The Faculty of Education is currently working on strategies to build skills in mental health for teachers in training. They have been working on developing a mental health literacy course.

Over 500 courses across the country were reviewed and Dr Susan Rodger, lead for this mental health development, has been working with others to develop an online course. The online course will be rolled out internationally in the near future. These activities provide wonderful training and research collaboration experiences for our subspecialty trainees.

Developing Mental Health Collaboration with the Family Health Team

We have been working with Dr. Cathy Faulds and her colleagues at the London Family Health team to develop on-site clinical consultation and professional development in child and adolescent mental health. We hope to start with a DCAP consultant on site for three half-days per month. The goals will be to:

- Increase the scope and capacity of the family physicians and interprofessional team in the delivery of child and adolescent mental health care, rather than have consultants do ongoing care of the patients.
- Facilitate expertise in diagnosis in a timely manner when family doctors feel out of their scope.
- Decrease the external referrals over time to psychiatry and MSW.
- Utilize community resources in a more effective manner.
- Have an evaluation framework in place at the beginning of the initiative.

Finally, congratulations to Dr. Patricia Hall who received a Schulich Medicine & Dentistry Educator Award at the Dean's Awards of Excellence in May.

Sandra Fisman
Chair, Division of Child and Adolescent Psychiatry



EDUCATION RESEARCH OFFERS NEW HOPE FOR YOUTH WITH MENTAL HEALTH DISORDERS

At the age of 10, Stacey Espinet, PhD watched in quiet amazement as her older sister walked across the stage to accept her university diploma from Western University. This moment of inspiration came full circle for Espinet when she returned to Western, this time to pursue postdoctorate research at the Schulich School of Medicine & Dentistry.

“My sister was the first one in our immediate family to attend university,” said Espinet. “I looked up to her and was inspired to one day attend and graduate from university as well.”

With this childhood moment acting as a driving force for Espinet, it is no wonder her current research focuses on empowering youth through the development of a curriculum aiding primary care physicians to provide better mental health care for young people.

Following her PhD in Clinical Psychology from the University of Toronto, Espinet came to Schulich Medicine & Dentistry, where her research is now aimed at providing better care for paediatric patients in rural

areas. In these remote areas there are higher rates of mental health difficulties, yet individuals have a harder time accessing medical care.

“Primary care physicians play a unique role in assessing and managing paediatric patients with mental health disorders, yet, only a minority have received adequate, formal training,” she explained.

To best address this gap, Espinet is working with Lorelei Lingard, PhD, director, Centre for Education Research and innovation, and Dr. Margaret Steele, vice dean, Hospital and Interfaculty Affairs, and professor, Departments of Psychiatry, Paediatrics, and Family Medicine, to develop a comprehensive curriculum that will be delivered to physicians in remote and rural areas across Canada to better care for youth with mental health disorders.

Grounded by a study that assessed the educational needs of physicians in rural areas and peer-reviewed literature on paediatric mental health treatment, the curriculum will provide physicians with the education they need to best identify and treat youth who are suffering from mental health difficulties.

For Espinet, the support she receives at the School is a key factor in developing such an expansive and important project.

“I have received extraordinary direction from Dr. Lingard and Dr. Margaret Steele,” she said. “Schulich Medicine & Dentistry is a place where you feel completely supported, both academically and socially.”

Espinet’s sister now lives in Trinidad and Tobago with much of their extended family. Yet, the dedication and perseverance she instilled in Espinet shines through when she describes the long-term goals of her project.

“My hope is that this educational initiative will truly have a significant impact not only on physician practice and attitudes, but also on child and youth mental health outcomes, particularly in rural and remote communities most in need of support.”

DIVISION OF GENERAL ADULT PSYCHIATRY

It was a long winter, spring has passed and summer is now upon us. Many divisional members are looking forward to slowing down a bit and recharging their batteries after a very active and hectic winter.

Clinical demands have risen to heights not experienced in anyone's recent memory, and the requisite teaching and research activities are still being maintained at full throttle. Despite these realities, now is a good time to think about how we can maintain our productivity and successes, or dare I even say kick things up a notch further?

Now, before I receive a flood of angry, threatening emails from faculty accusing me of being a slave-driver, the question to be asked is how can we do *more* with *less* stress? While I won't pretend to have all the answers for you here, I'm encouraging faculty to join me in solving this riddle.

On the clinical front we are just commencing to engage in the LHSC Mental Health System Design project. This initiative, relying heavily on the Toyota production system philosophy and methodology, will engage physicians and staff to identify and cut out wasteful efforts, leaving more time and energy to devote to the activities that add value to health care delivery.

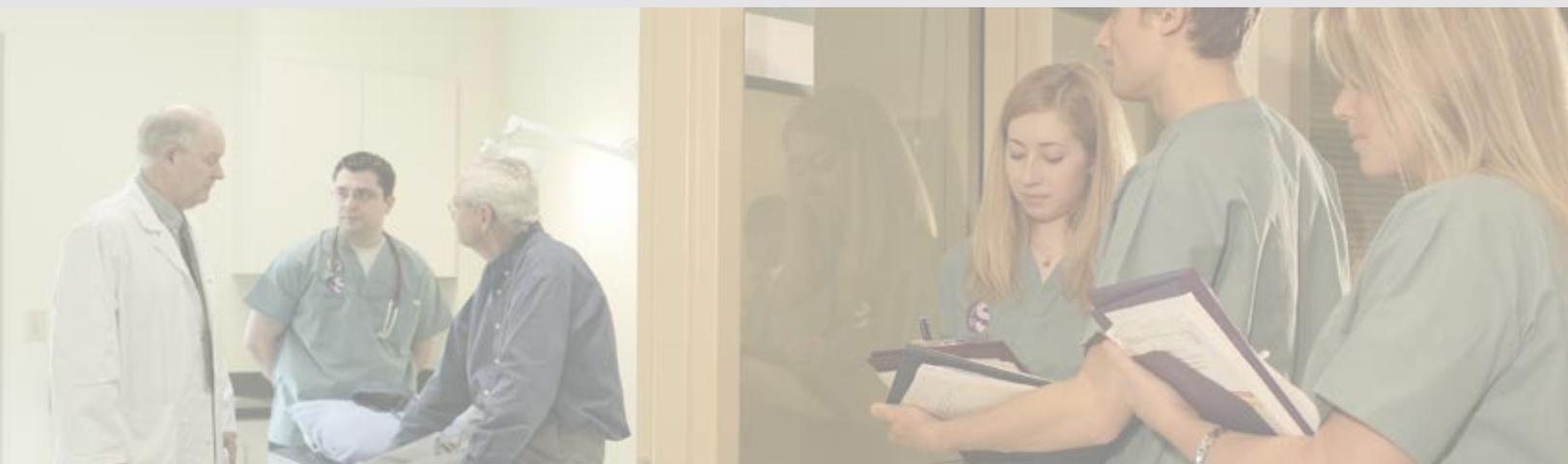
In the face of increasing numbers of residents and other learners coming to us for training, I want to encourage us to continue to explore novel and efficient ways to prepare the next generation of clinicians.

Finally, what do we need to do to make clinically relevant research more commonplace in our setting? In this regard, no doubt culture and opportunity will play key roles. Division members attended a special meeting on June 25, 2014, where we attempted to foster greater collaborations between our basic and applied scientists with our large clinician group. Additionally, some system-level changes were presented for consideration and feedback. These changes have been applied elsewhere with great success.

I'd like to encourage you to contact me if you'd like more information or how to get engaged in any of these projects.

Lastly and as always, let me express my pride and gratitude to the membership for your continued efforts, as well as your ongoing support for me.

Jeff Reiss
Chair, Division of General Adult Psychiatry





DIVISION OF FORENSIC PSYCHIATRY

As part of a recruitment visit on March 27, 2014, Dr. Nnamdi Ugwunze, a psychiatrist specializing in forensic psychiatry and rehabilitative psychiatry, gave a very interesting talk to our forensic program on “Morbid Jealousy & Phenomenology of Stalking”.

We are pleased to announce that Dr. Ugwunze has accepted our offer of employment and we anticipate his arrival towards the end of 2014.

As part of our annual RMHC Research Half Day on May 14, 2014, Dr. Ajay Prakash presented he and his colleagues’ research on “Does substance use mitigate or aggravate insanity defenses? Preliminary findings of RMHC-Foresic-100 Study”.

We have completed the Royal College of Physician and Surgeons of Canada Forensic Psychiatry subspecialty application. I would like to specifically thank Dr. Brian Daly for all of his work on the application. I would also like to acknowledge Dr. Heather Flett for her helpful feedback.

After an illustrious career in forensic psychiatry, Dr. Jack Ellis, forensic outreach psychiatrist and previous Physician Leader of the Forensic Psychiatry Program, has officially retired as of June 25th, 2014. A celebratory tea was held on June 23rd at Southwest Centre.

Finally, June 19th 2014 marked our official one-year anniversary in our new hospital at Southwest Centre.

Craig Beach
Chair, Division of Forensic Psychiatry

DIVISION OF GERIATRIC PSYCHIATRY

Members of the Division of Geriatric Psychiatry continue to be active at all fronts.

Dr. Akshya Vasudev (PI), Dr. Amer Burhan (Co-I), Dr. Stephen Wetmore (Co-I, family medicine) and their research team were successful in securing a grant application from the AMOSO innovation fund to study automatic self transcending meditation compared to treatment as usual for depression in seniors. The project will recruit participants over two years (2014-2016).

Dr. Elizabeth Finger was our guest speaker for the Department of Psychiatry CPD Rounds, moderated by Dr. Burhan. She gave an update on fronto-temporal dementia and the overlap with psychiatric disorders following a case presentation by Dr. Manujaya Maldeniya (PGY2 Psychiatry).

Dr. Burhan was a guest speaker at SWOGAN, where he discussed psychiatric and cognitive issues related to Parkinson disease, which was the overall theme of the day.

Dr. Subramanian, Dr. Varapuvan and Dr. Rybak are collaborating with Dr. Burhan to expand the use of the Virtual Interactive Case Program (VIC) to different competencies in psychiatric education. They were awarded the 2014-2015 Fellowship in Teaching Innovation from Western Teaching Support Centre to study the validity and feasibility of VIC in enhancing suicide risk assessment by medical students.

Dr. Doering and Division members have completed the application for the subspecialty residency in Geriatric Psychiatry at Schulich, this application was submitted to the Royal College at the end of June and we anticipate potential approval by fall 2014. We hope to accept our first resident to this program in 2015.

Dr. Amer Burhan
Chair, Division of Geriatric Psychiatry

A MEDITATION STUDY

For seniors looking for relief from feeling low and depressed



Are you 60-85 and generally in good health?

If so, you are invited to participate in a new research study to investigate the effects of meditation on mood and heart health in seniors.

This study...

will investigate a meditative technique that shows promise in **reducing** stress, anxiety and depression and **increasing** wellbeing, focus and concentration.

The study aims to investigate the relationship between meditation and potential improvements in mood and heart health in seniors.

Joining this study...

requires participation in a four-session training program and a once-weekly 45-60 minute follow up session for 11 weeks. Participation also involves confidential assessments of cardiovascular health and mood at Western University and LHSC, Victoria Hospital.

This study does not require initiation of any new antidepressants. However, if you are on any we encourage you to continue on them.

What will I gain?

Study participants will receive the meditative training free of charge plus financial compensation for their time.

If interested, please contact Dr. A. Vasudev @ 519.685.8807

RESEARCH

Given the lengthy, cold, snowy winter we have endured, I am sure you will join me in happily welcoming the arrival of spring and summer. Spring and summer tend to be a time of reawakening and looking forward to the future.

In that spirit, I am very pleased to say that you will find a brand new Research page on the new Department of Psychiatry website. Under Sarah O'Flanagan's capable leadership, information has been migrated from the former website, new information has been added and the look and feel of the site greatly revised and rejuvenated.

Keep a look out for additional changes to this more user-friendly website, and please feel free to send along your comments and suggestions regarding additional ways which we can use the site to enhance research in our department.

This year's Department of Psychiatry Academic Research Day just passed, taking place on Thursday, June 19, at the Best Western Lamplighter Inn.

Thank you to those who joined us on Research Day, and took some time to reflect on our research successes. Noted clinician-researcher, Dr. David Streiner, of McMaster University and the University of Toronto, delivered the keynote presentation at this event. His presentation, "Housing the Homeless Mentally Ill," focused on findings from the Mental Health Commission of Canada's project on homelessness.

On the horizon, will be a special Department of Psychiatry Seed Funding Competition. Announcements and the call for submissions will be out very soon. In the mean time, let me whet your appetites by informing you that the project budget limit for this competition will be doubled. Applicants can request up to \$15,000 to support their research.

The recent Department of Psychiatry Research Committee meeting saw a lengthy discussion regarding the department's Research Interest Group. As many of you know, although our residents have been diligently attending the monthly RIG meetings for the past few years, we have had difficulty attracting faculty attendees to these events.

Following from the Research Committee's discussion of various innovative options for addressing the research interest needs of the entire department, we have decided to revise the RIG to focus more on the research needs of our residents. The RIG will be devoted primarily to resident presentations of their on-going research projects, giving them additional opportunities to develop their presentation skills and to receive constructive feedback on their research from their peers, advisors, and research-intensive faculty. All are welcome to attend our upcoming RIG meetings to hear the latest news regarding exciting research being proposed and carried out by our talented residents.

To that end, please join me in congratulating our colleagues, residents and faculty alike, on their recent research successes. Congratulations to:

- Dr. Vadim Beletsky and colleagues on their article "Volume of carotid artery ulceration as a predictor of cardiovascular events" recently published in *Stroke*. (Kuk, M., Wannarong, T., Beletsky, V., Parraga, G., Fenster, A., & Spence, J.D. (2014). Volume of carotid artery ulceration as a predictor of cardiovascular events. *Stroke*, DOI: 10.1161/STROKEAHA.114.005163)
- Drs. Arany Shanmugalingam, Sharon G. Ferreira, Ross Norman, and Kamini Vasudev for recently learning of the acceptance of their article "Research experience in psychiatry residency programs across Canada: Current status" for publication in the *Canadian Journal of Psychiatry*.
- Drs. Kamini Vasudev, Jatinder Takhar and colleagues for receiving the 2014 Royal College Accredited CPD Provider Innovation Award for their Academic Detailing project on rational prescribing.

- Dr. Paul Frewen for receiving two early career research awards from the Canadian Psychological Association, to be conferred at the upcoming CPA conference in Vancouver. Dr. Frewen will be receiving both the Canadian Psychological Association Scientist-Practitioner Early Career Award and the Canadian Psychological Association Traumatic Stress Section's CPA-TSS Early Career Award to acknowledge the significant early career contributions he has made to the trauma field.

Please send along any research updates to the Department Research Office so that we may share in your success and demonstrate our appreciation of your work.

I will end with a sincere note of thanks to Sandy Pironaggi, Senior Quality Assurance and Education Officer for Lawson Research Institute, who led us in a presentation on April 23, of the Lawson Research Standard Operating Procedures (SOP).

As we have recently learned, it is now hospital policy for anyone involved in health research to be able to demonstrate having completed SOP training prior to being issued approval to begin a research study. Sandy was very kind in responding to our request for a dedicated session for the Department of Psychiatry, and did an excellent job teaching us about the core SOPs in a language and format that met our needs.

Sandy has additionally offered to provide an advanced training session in which to teach us about additional SOPs covering such issues as informed consent, research involving database, and pharmaceutical trials. Keep an eye out for an email from Sarah O'Flanagan providing additional information on this event.

For more information, please feel free to contact the Department of Psychiatry Research Office.

As the weather turns warmer, I look forward to seeing you and celebrating our mutual successes at the various upcoming department events.

Dr. Marnin J. Heisel
Director of Research, Department of Psychiatry



BEST PRACTICES IN CTOs

Friday, September 26, 2014

8:00 am—4:30 pm

Four Points by Sheraton · 1150 Wellington Road South, London, Ontario

PLENARY SESSIONS

“Rationale for CTOs and How They Are Used Globally”

Professor John Dawson: LLD, Professor, Faculty of Law, University of Otago, New Zealand

“The Why, Who, When, What and How of CTOs”

Dr. Richard O’Reilly: MB, MRCPI, MRCPsych, FRCPC, Schulich School of Medicine & Dentistry, Western University

LONDON RESEARCH

“CTO Use in Early Psychosis”

Dr. Julie Richard: MD, FRCPC, Department of Psychiatry, Schulich School of Medicine & Dentistry, Western University

“CTO Use in ACT Teams”

Cathy Plyley: Community Treatment Orders Consultant, RMHC , Servicing Middlesex, Oxford and Elgin Counties

WORKSHOPS

“Why CTOs are A Better Option to Jail”

Justice Edward F. Ormston: B.A., LLB, University of Ottawa, Chair of the Consent and Capacity Board of Ontario

“CTOs: Staying on the Right Side of the CCB”

Dr. Sandra Northcott: MD, FRCPC, Associate Professor, Schulich School of Medicine & Dentistry, Western University

“CTOs: Legislative and Policy Issues in Ontario”

Anne Bowlby: Manager, Mental Health and Addictions, Ministry of Health and Long-Term Care

“CTOs and the Role of the CTO Coordinator”

Joe Skufca and Cathy Plyley: Community Treatment Order Consultants, RMHC, Servicing Middlesex, Oxford and Elgin Counties

“What Interventions Can be Required Under a CTO: Can a Specific Residence be Specified”

Professor John Dawson: LLD, Professor, Faculty of Law, University of Otago, New Zealand

Dr. Richard O’Reilly: MB, MRCPI, MRCPsych, FRCPC, Schulich School of Medicine & Dentistry, Western University

“A Fictional Case Illustrating Problems and Potential Solutions”

Dr. Varinder Dua: MBBS, FRCPC, ACT Psychiatrist, Associate Professor, Schulich School of Medicine & Dentistry, Western University

“Using CTOs in the Early Stages of Psychosis”

Dr. Raj Harricharan : MBBS, FRCPC, Associate Professor, Schulich School of Medicine & Dentistry, Western University

POSITION & PANEL DISCUSSION

“Clinicians Often Fail to Use CTO’s When They Would Greatly Help People”—Dr. Varinder Dua

Professor John Dawson and Dr. Richard O’Reilly

OVERALL CONFERENCE GOAL:

Formulate and understand optimal use of CTOs in the severe and persistent mental illness population



BEST PRACTICES IN CTOs

Friday, September 26, 2014

8:00 am—4:30 pm

Four Points by Sheraton • 1150 Wellington Road South, London, Ontario

TO REGISTER: Complete this form and mail or fax to: Bela Franze, Department of Psychiatry, London Health Sciences Centre, Victoria Hospital, B Zone, North Tower, Room B8-116, 800 Commissioners Road East, London, Ontario, N6A 5W9 or **FAX** (519) 667-6564; **PHONE** (519) 685-8500 x76554; **EMAIL** cpdpsychiatry@lhsc.on.ca

NAME: _____

PHONE: _____

EMAIL: _____

FEES Full day symposium includes Continental Breakfast, Lunch, Morning & Afternoon Breaks - *please note any special dietary requirements*

Early Bird, Before September 11, 2014: Physician \$150 Nursing/Allied Health \$110 Resident \$60

On or After September 11, 2014: Physician \$160 Nursing/Allied Health \$120 Resident \$65

PAYMENT: **CHEQUE** (payable to Lawson Research Institute—CTOs)

VISA **MASTERCARD**

CARD NUMBER: _____

EXPIRY (mm/yy): _____

NAME ON CARD: _____

No confirmation of registration is issued. You should consider your payment of registration as accepted unless you are advised to the contrary. Receipts will be issued on the day of the symposium. **Cancellation & Refund Policy:** We reserve the right to cancel this program due to insufficient registration or circumstances beyond our control. For a refund, a notice of cancellation must be received in writing by September 10, 2014. An administrative fee of \$20 will be charged for cancellation. We regret that refunds cannot be offered after this date.

Workshops – Please choose one session in each time slot

We will endeavor to accommodate your choices, however, workshop numbers are limited and may be assigned based on space availability.

Workshop session 1: 10:45 am to 12:00 pm

- Justice Edward F. Ormston (repeated in the afternoon) – “Why CTOs are a Better Option to Jail”
- Dr. Sandra Northcott – “CTOs: Staying on the Right Side of the CCB”
- Anne Bowlby – “CTOs: Legislative and Policy Issues in Ontario”
- Joe Skufca and Cathy Plyley – “CTOs and the Role of the CTO Coordinator”

Workshop session 2: 1:45 pm to 3:00 pm

- Justice Edward F. Ormston – “Why CTOs are a Better Option to Jail”
- Prof. Dawson and Dr. Richard O’Reilly – “What Interventions Can Be Required under a CTO: Can a Specific Residence be Specified”
- Dr. Varinder Dua – “A Fictional Case Illustrating Problems and Potential Solutions”
- Dr. Raj Harricharan – “Using CTOs in the Early Stages of Psychosis”

Study Credits

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada and approved by Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University (6.75 hours). This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited by Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University, for up to 6.75 Mainpro-M1 credits. Each participant should claim only those hours of credit that he/she actually spent participating in the educational program.

This program has no commercial support

OTHER NEWS

Dr. Burhan and Van Bussel are part of a 5 year CCNA national initiative led by Dr. Nathan Herrmann of Sunnybrook, in the amount of \$1,011,616, relevant to neuropsychiatric symptoms of dementia.

Drs. Subramanian, Varapuvan, Rybak and Burhan received the 2014 Fellowship in Teaching Innovation award from the Teaching Support Centre, Western University to develop virtual cases in suicide risk assessment and test their effectiveness in Year 3 Medical Students (clinical clerks).

They are seeking volunteer content experts (senior residents or consultants in psychiatry) to help them with the face and content validity of the cases they have developed.

Please email Priya.Subramanian@sjhc.london.on.ca if you are willing to help.

With great pleasure we announce that Dr. Amresh Srivastava has been invited for Fellowship of the American Psychiatric Association.

All members awarded Fellow status this year will be invited to participate in the Convocation of Distinguished Fellows during the 2015 APA Annual Meeting in Toronto.



DEPARTMENT OF PSYCHIATRY NEWSLETTER

Schulich Medicine & Dentistry
Western University
London, Ontario
London Health Science Centre, Victoria Hospital B8
t. 519.685.8500 x75694
schulich.uwo.ca/psychiatry